



United States Department of the Interior NATIONAL PARK SERVICE

Great Sand Dunes National Park and Preserve
11500 Highway 150
Mosca, Colorado 81146-9798
Phone 719-378-6300 Fax 719-378-6310



Gear List for AFW Sessions

The Ambassadors for Wilderness Program will provide all group gear (such as tents, cookware, stoves, water filters, food, etc.) as well as backpacking gear like packs and sleeping bags. If you have your own backpacking gear that you would like to bring, you are welcome to do so.

*** Items available for loan

What you need to bring:

Rain gear

- 1 rain jacket with hood or poncho ***
- 1 pair of rain pants (optional, but nice!)

Clothing

- 1 or 2 long-sleeved shirts (not cotton)
- 2 or 3 short-sleeved shirts (not cotton)
- 2 or 3 comfortable, non-cotton pants (like wind pants or warm-ups)
- 1 set of silk or synthetic long underwear top and bottoms/pants (not cotton)
- 1 pair wool or fleece mittens/gloves (not cotton)
- 1 wool or fleece hat (not cotton)
- 1 fleece jacket or wool sweater (not cotton)
- 1 set of clean clothes for the last day! (cotton welcome here)
- *Swimsuit and towel for swimming on the last day (high school sessions only!)*

Footwear

- Hiking shoes – Supportive hiking boots are best, but only if *already broken in*. New boots should be worn around the house or hiked in for at least a few days. If you don't have boots, bring your most supportive sneakers.
- 3-5 pairs wool socks (not cotton)
- 1 or 2 pairs thin synthetic liner socks or men's dress socks (optional, but nice)
- 1 pair of lightweight camp shoes, sandals, or water shoes



So what's the big deal about cotton? It's both a poor insulator and it pulls heat away from your body when wet. Jeans and sweatshirts will stay wet and freezing cold for *days*. Wool and synthetics keep you warm even when sopping wet and they dry quickly.

The most important items to bring are good shoes and socks.
If nothing else, invest in some good wool socks!



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Sun protection

- Sunglasses
- Broad-brimmed hat or baseball cap

Miscellaneous gear

- Lightweight eating gear – cup, bowl, spoon. Tupperware works well.
- 2 one-liter sized water bottles and/or hydration bladder ***
- Valid fishing license (if you will be 16 or older during the trip and want to fish)
- Flashlight – very small and lightweight with new and spare batteries ***

Toiletries

- Any prescribed or over-the-counter medications (in a ziplock bag labeled with your name and dosage)



Shave ounces where you can!

- Chapstick
- Toothbrush
- Toothpaste (travel size)
- Sunscreen (travel size) ***
- Bug repellent (travel size) ***
- Toilet paper + ziplock bag (half a roll would be *plenty*)
- (For women) Feminine hygiene products
- Shampoo, soap, comb, etc. for showers on the last day

Optional gear

- Camera
- Pocket knife or multitool
- Small lightweight book
- Deck of cards
- Hacky sack, Frisbee, or other small camp toy!

What to NOT bring:

- Cell phone – If you need one to communicate with your parents for transportation purposes, you can bring it to the park and it will be kept secured with your stuff at the Visitor Center. However, use of a cell phone is not permitted *during* the trip.
- MP3 players/CD players/Walkmen/Portable radios
- Make-up or perfume
- Extra food or beverages